

Peachtree Road Lutheran Preschool
Lunch Menu - January 2019

	1 New Year's day No School	2 No school today	3 Herbed tilapia Basmati rice Sweet peas	4 Bratwurst Mashed potatoes Green beans
7 Penne alfredo with Turkey breast Broccoli	8 Pulled pork Parmesan cheese stone ground grits Green beans	9 Beef tacos Sour cream Black beans Pico de gallo	10 Chicken breast Zucchini and carrot muffin Quinoa	11 Beef and lamb Meatloaf Basmati rice Sweet peas
14 Bratwurst Mashed potatoes Mixed vegetables	15 Potato and bacon soup Brazilian rolls	16 Chicken breast Brown rice Green beans	17 Salmon Mashed potatoes Salad	18 Meat lasagna Sweet peas
21 MLK DAY No School	22 Beef and beans chili Cheddar cheese Sour cream	23 Chicken Penne pasta with pesto Broccoli	24 Tomato Basil soup Grilled cheese sandwich	25 Pork tenderloin Quinoa with corn
28 Turmeric turkey breast Wild rice Corn on the cobb	29 Spaghetti Meat sauce Broccoli	30 Beef fried rice Asian vegetables	31 Chicken and rice noodles soup	

- Organic fresh fruit is served in every meal
- Kids with special diets will be served a different meal to fit their needs.
- Menu might change according to availability of items
- For questions and comments please contact me at chefrogerio@live.com

By Executive Chef Rogerio Martins